

# Shoreline Pool

## Shoreline Pool

19030 1<sup>st</sup> Avenue NE  
Shoreline, WA 98155  
Phone: (206) 801-2650

[www.shorelinewa.gov/parks](http://www.shorelinewa.gov/parks)

## Regular Hours:

**Monday - Friday** 5:30am - 8:45pm  
**Saturday** 8:45am - 3:00pm  
**Sunday** 11:30am - 3:00pm

## Pool Closures:

**September 1** Labor Day  
**October 31** (Early evening closure)  
**November 11** Veteran's Day  
**November 26** (Early evening closure)  
**November 27 & 28** Thanksgiving Holiday  
**December 24 & 25** Christmas Holiday  
**December 31** New Year's Eve  
**January 1** New Year's Day

## School's Out Recreation Swims

**Time: 1:15-2:45pm**

**December 22-23; 26, 29-30**

**January 2**

## Pool Party Rentals

Our party days are Saturday & Sunday 3:00-7:00 p.m.  
Use of all the pool's "fun stuff" and lifeguards are included in rental cost. Upstairs balcony area is also available during your rental time.

1 to 60 people: ..... \$142.35\* hour

w/Resident Disc: ..... \$125.93\* hour

61 to 150 people: ..... \$191.63\* hour

w/Resident Disc: ..... \$164.25\* hour

(\*State sales tax included)



Drop-in Program Fees	Resident	Non-Resident
<b>Adult</b>		
Drop in	\$3.50	\$4.50
Real deal (Friday 7:45 - 8:45pm)	\$1.50	\$2.50
10 punch Discount pass	\$29.00	\$36.00
1 month Discount pass	\$47.50	\$61.50
3 month Discount pass	\$134.00	\$165.00
6 month Discount pass	\$216.00	\$265.00
Annual Discount pass	\$377.00	\$477.00
<b>Youth (5 - 17 years old)</b>		
<b>Senior (over 60 years old)</b>		
<b>Disabled</b>		
Drop in	\$2.50	\$3.00
Real deal (Friday 7:45 - 8:45pm)	\$1.00	\$1.50
10 punch Discount pass	\$20.00	\$24.00
1 month Discount pass	\$30.00	\$36.00
3 month Discount pass	\$89.00	\$113.00
6 month Discount pass	\$154.00	\$184.00
Annual Discount pass	\$269.00	\$322.00
<b>Family (parents and their children)</b>		
Drop in	\$8.75	\$11.50
10 punch Discount pass	\$71.00	\$100.00
1 month Discount pass	\$117.00	\$140.00
3 month Discount pass	\$267.00	\$320.00
6 month Discount pass	\$431.00	\$517.00
Annual Discount pass	\$754.00	\$904.00
<b>Toddlers (under 4 years old)</b>	Free	Free
<b>Shower only</b>	\$1.00	\$1.00
<b>Aerobics Classes</b>		
Adult drop in	\$4.50	\$5.50
Adult 10 punch Discount pass	\$37.00	\$45.00
Senior drop in	\$3.25	\$4.00
Senior 10 Discount punch	\$32.00	\$32.00
Arthritis drop in	\$3.50	\$4.00
Arthritis 10 Discount punch	\$35.00	\$40.00
Swim Lessons (per 1/2 hour lesson)	\$5.50	\$6.50

# Shoreline Pool

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:30 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
5:30 - 6:30 am	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim		
7:00 - 8:00 am	Master Swim Team	Master Swim Team	Master Swim Team	Master Swim Team	Master Swim Team		
6:30 - 7:30 am	Shallow End Aerobics		Shallow End Aerobics		Shallow End Aerobics		
7:30 - 10:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
7:45 - 8:45 am	Shallow End Aerobics	Shallow End Aerobics	Shallow End Aerobics	Shallow End Aerobics	Shallow End Aerobics		
9:00 - 10:00 am	Arthritis Therapy	Gentle Aerobics	Arthritis Therapy	Gentle Aerobics	Arthritis Therapy	(8:45 - 9:45) Shallow End Aerobics	
10:00 - 11:00 am	Lap Swim (3 lanes) & Deep Water Aerobics	Lap Swim (3 lanes) & Deep Water Aerobics	Lap Swim (3 lanes) & Deep Water Aerobics	Lap Swim (3 lanes) & Deep Water Aerobics	Lap Swim (3 lanes) & Deep Water Aerobics	Deep Water Aerobics	
10:00 am - 1:00 pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Swim Lessons	
11:30 am - 1:00 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
1:00 - 3:00 pm	Scheduled Programs	Swim Lessons	Scheduled Programs	Swim Lessons	Scheduled Programs	(1:15 - 3:00) Public Rec Swim	
3:00 - 6:00 pm	High School Swim Team	High School Swim Team	High School Swim Team	High School Swim Team	High School Swim Team	(3:00 - 7:00) Rentals Available	
6:00 - 7:45 pm	Cascade ST	Cascade ST	Cascade ST	Cascade ST	Cascade ST		
6:00 - 7:45 pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
7:35 - 8:35 pm		Deep Water Aerobics		Deep Water Aerobics			
7:45 - 8:45 pm	Public Rec Swim & Lap Swim (2 lanes)	Shallow End Aerobics & Lap Swim (3 lanes)	Public Rec Swim & Lap Swim (2 lanes)	Shallow End Aerobics & Lap Swim (3 lanes)	Real Deal Public Rec Swim		

\* Family Swims are an adult/child program, an adult must be in the water with a maximum of three children per adult.

Family Swim is in the shallow end only.

Children under 7 years of age must be accompanied by an adult in the water at all times.

## Sensational Water Aerobics!

Shallow water aerobics and deep water exercise are low to no impact. Great for the joints. Absolutely no swimming skills required, but comfort in the water is recommended. The water environment works your cardiovascular system as hard as other high impact classes.

## Public Swim

Enjoy the pool, the diving board, mats, noodles, inner tubes and the slide with friends and family. Open to all ages.

## Lap Swim

Everyone needs a good cardiovascular workout whether it's fast, medium or slow. Swim for fun, swim for health. Get every muscle moving.

## Gentle Water Exercise

This program is to help those who need to slowly get back into exercise due to illness, surgery or medical treatment. This exercise is in the shallow end of the pool and no swimming ability is needed.

## REAL DEAL Swim

Same fun as a Public Swim at a fraction of the cost! Our way of saying "Thank you" for swimming at the Shoreline Pool every Friday night.

## Gentle Lap Swim

If you want to swim but don't need to win the race or "churn" the water, this is the best relaxing lap swim for you. Recommended for seniors, but open to all adult lap swimmers.

## Arthritis Foundation Aquatics Program

Our popular program is designed for people who are limited by impaired joint motion and/or strength. Program goals include improving or maintaining joint flexibility, maintaining muscle strength or reducing muscle weakness, improving balance and coordination.

## \*Family Swims

A great way to spend quality time with your family. Especially fun for families with little ones who are sure to sleep after active play in the water! Fun in the water promotes confidence to swim. Adult must be present in water with children at all times.



# Shoreline Pool

## SWIMMING LESSONS

Morning, evening and Saturday, Shoreline swim lessons are offered year round for all ages from infants to adults. Small class sizes provide more personalized, high quality instruction. Swim lessons are grouped by age and ability within each age group.

### How to Register:

Complete a free "pre-lesson" placement test to determine class level if you have not been enrolled in a program for the last six months. Tests are done during FAMILY OR PUBLIC SWIMS.

- Determine class days and desired time
- Register on scheduled registration dates (listed below)
- Payment must be made at time of registration
- Classes not sufficiently filled may be combined, moved or canceled.
- Not all classes are available at all times.

### Practice Card

Only at the Shoreline Pool do your children get 6 free swims during the swim session. The more practice each participant gets, the more they become comfortable and confident with the skills required for their level. To receive or to reload your practice pass, just ask when you register for swim lessons.

More information on swimming lessons levels and times, is available at the pool or online at: [www.shorelinewa.gov/pool](http://www.shorelinewa.gov/pool).

## Lifeguard Training Classes

Learn to respond to water emergencies and perform lifesaving CPR and First Aid. Must be 15 years old by the end of course date. Graduates receive American Red Cross certification in Lifesaving, CPR/FPR and First Aid. Candidates must pass all elements of the course to pass. Course material can be purchased after the Water pre-test at the pool for \$40.00.

**Age:** 15 years and up  
**#66893** Su-Tu 12/21-12/30 8:30am-4:30pm  
**Fee:** \$180; w/Resident Disc: \$150



## Preschool/ Youth Classes

All swim lessons area ½ hour long

### Fall

Tues & Thur 10:00 - 11:30am  
 1:15 - 2:45pm

### Fall

Mon & Wed 6:00 - 7:30pm  
 Tues & Thur 6:00 - 7:30pm  
 Saturday 10:00am - 12:35pm

## Adult Classes

### Intro/Beginner

Mon & Wed 8:45 - 9:15pm  
 Tues & Thur 11:00 - 11:30am

### Intermediate & Advanced

Mon & Wed 7:45 - 8:15pm



### Session 1: All registration begins Monday August 25

#### Monday/Wednesday

**September 8 - October 8**  
 (10 lessons lasting 5 weeks)  
 w/Resident Disc: \$55  
 Non-Resident: \$65

#### Tuesday/Thursday

**September 9 - October 9**  
 (10 lessons lasting 5 weeks)  
 w/Resident Disc: \$55  
 Non-Resident: \$65

#### Saturday

**September 13 - October 11**  
 (5 lessons lasting 5 weeks)  
 w/Resident Disc: \$27.50  
 Non-Resident: \$32.50

### Session 2: All registration begins Monday October 6

#### Monday/Wednesday

**October 13 - November 12**  
 (8 lessons lasting 5 weeks)  
 (No lesson Nov. 11)  
 w/Resident Disc: \$55  
 Non-Resident: \$65

#### Tuesday/Thursday

**October 14 - November 13**  
 (9 lessons lasting 5 weeks)  
 w/Resident Disc: \$49.50  
 Non-Resident: \$58.50

#### Saturday

**October 18 - December 13**  
 (8 lessons lasting 9 weeks)  
 (No lesson Nov. 29)  
 w/Resident Disc: \$44  
 Non-Resident: \$52

### Session 3: All registration begins Monday November 10

#### Monday/Wednesday

**November 17 - December 17**  
 (9 lessons lasting 5 weeks)  
 (No lesson Wed Nov. 26)  
 w/Resident Disc: \$49.50  
 Non-Resident: \$58.50

#### Tuesday/Thursday

**November 18 - December 18**  
 (9 lessons lasting 5 weeks)  
 (No lesson Thursday Nov. 27)  
 w/Resident Disc: \$49.50  
 Non-Resident: \$58.50

**To register call the pool at (206) 801-2650 #4**  
[www.shorelinewa.gov/pool](http://www.shorelinewa.gov/pool)

